

Waikiki Cleanup

Corps and cadets collaborate to clear coastal clutter.

See p. B-1.



Photos courtesy 8th Theater Sustainment Command Public Affairs

Role-players press toward a 58th MP convoy during a training exercise. A variety of scenarios were created to challenge the platoon leaders on problems like quelling rising tension in the populace and working with host nation police.

58th MPs prepare for joint mission

1ST RYAN BYARS
728th Military Police Battalion
8th Military Police Brigade
8th Theater Sustainment Command

BELLOWS TRAINING AREA — Through the billowing smoke of a downed aircraft, Soldiers gathered casualties at a collection point to be evaluated and evacuated.

Amidst the chaos, the sound of shouted orders could be heard and the sequential execution of a commander’s guidance was evident.

Thankfully, these fictional events were only a training exercise of the 58th Military Police Company, 728th MP Battalion, 8th MP Brigade, in preparation for the unit’s deployment to provide airfield security for the Joint Readiness Training Center (JRTC) at Fort Polk, La.

The train-up exercise was held March 17-21, here, with the MPs reacting to indirect fire and evacuating civilians in the middle of the civil disturbance.

“The lanes involving improvised explosive de-

vices in conjunction with the military working dog teams were a helpful and innovative training experience for the Soldiers involved,” said Capt. Noel Whitten, observer/controller for the platoon leadership throughout the training and the officer in charge of law enforcement for the 728th MP Bn. “It helped develop their ability to resource effectively utilizing the assets they have available.”

In addition to testing their ability to react to combat intensive scenarios, the training also es-

tablished situations with displaced civilians and how to work with host nation police forces to quell rising tensions within the populace.

The wide array of scenarios developed — based on intelligence collected by the unit — challenged the platoons’ leadership to think critically and analyze information as they received it. The company’s operations cell also tested its intelligence management skills, its ability to re-

See **POLICE A-4**

536th SMC redeploys from 9-mo. Afghanistan mission

8TH THEATER SUSTAINMENT COMMAND
Public Affairs

SCHOFIELD BARRACKS — Friends and family members flooded the 536th Support Maintenance Company’s parking lot, holding homemade welcome home signs and bushels of lei, as Soldiers reunited with their families, here, April 3, following a nine-month deployment in support of Operation Enduring Freedom.

While in Afghanistan, the unit conducted quality assurance and control operations in support of multiple regional commands, said Lt. Col. James Droppleman, commander, 524th Combat Sustainment Support Battalion, 45th Sust. Bde., 8th Theater Sust. Command.

The 524th CSSB returned from their nine-

See **536th A-4**



1st Lt. Grace Lu, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division

HALEIWA — Hyoma Unezaki (left) and Kenta Tokuzawa have their picture taken as they enjoy some shave ice from the famed Matsumoto's, here, April 1, during their weeklong trip to Oahu.

Japanese keiki visit Wolfhounds

Best highlight of trip is the North Shore beach day

SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Children from the Holy Family Home orphanage, Osaka, Japan, spent a week with Soldiers and family members of the 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Inf. Division, during a weeklong visit, here, that began March 30.

A highlight for the children was a beach day at Haleiwa Beach Park.

“The beach day was awesome. The kids really seemed to enjoy it,” said Sgt. 1st Class Chris Courtney, Co. A.

Courtney hosted two of the girls for the week.

At the beach, the kids learned how to stand-up paddleboard, explored the shallow waters near the beach and took in the sun. After lunch, they went into the historic North Shore town for souvenir shopping and shaved ice.

“The shaved ice was very good, and the girls enjoyed their time in Haleiwa,” said Courtney.

As the day ended, the kids went their separate ways to enjoy some time to relax with their host families.

“Seeing my kids interact with the children was the best part of the experience,” said Sgt. 1st Class Jesse Sanchez, Headquarters and Headquarters Co.

The relationship between the Wolfhounds and the Holy Family Home orphanage began shortly after World War II, when a group of Wolfhound Soldiers toured the orphanage dur-

See **JAPAN A-4**



Sgt. Jesse Untalan, 8th Theater Sustainment Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Soldiers of the 536th SMC disembark a plane, April 3, after a nine-month deployment in support of Operation Enduring Freedom.

IPC receives national award for excellence in military housing satisfaction

ISLAND PALM COMMUNITIES
News Release

SCHOFIELD BARRACKS — WinnResidential Military Housing Services, the firm providing property management and maintenance services for Lend Lease’s military housing portfolio, which includes Island Palm Communities (IPC), has been recognized as a 2013 SatisFacts National Award Winner for excellence in resident satisfaction.

SatisFacts, a leading national resident relationship management services company, named WinnResidential Military Housing Services a “top five company” and a recipient of its “superior portfolio score” in its Insite 365 Day/Year Resident Feedback Program category.

Additionally, 96 of its neighborhoods across the country were recognized as “Property Insite Award” winners for “Exceptional & Superior Overall Resident Satisfaction,” which included

more than a dozen IPC neighborhoods.

Over the past year, IPC residents rated their move-in and overall resident experience as “outstanding,” awarding IPC an average rating of 4.2 or higher out of a possible 5 points. Likewise, in the area of maintenance services, residents gave IPC an “outstanding” score with an average of 4.2.

“Feedback from residents through our SatisFacts surveys over the past year has been positive, and to hear we’re ranked high among our peers

in the industry confirms we are doing a great job supporting our residents,” said Tom Adams, IPC’s director of property management.

SatisFacts works with over 200 management companies and over a million apartment homes nationally.

Awards are based on resident perceptions that the company’s leadership and team members are focused on implementing best practices that impact satisfaction and retention.



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Commander, U.S. Army Garrison-Hawaii
Col. Daniel W. Whitney
Garrison Command Sergeant Major
CSM Philip J. Brunwald
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Sarah Pacheco, 656-3150
sarah@hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
948 Santos Dumont Ave.,
WAAF Building 105, 2nd Floor
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Police Call

Common sense helps deter theft from vehicles

COL. MARK JACKSON

Director, Emergency Services, U.S. Army Garrison-Hawaii, and Commander, 8th Military Police Brigade, 8th Theater Sustainment Command



Jackson

All Soldiers know the first priority of work in a deployed environment is security.

Before eating, sleeping or conducting maintenance, ensuring the security of an area and equipment is the top priority to mitigate the threat of tactical action against one's element.

The same concept rings true for life at home. Security is of the utmost importance to avoid victimization by those with lesser standards of respect for other people's belongings.

Military Police respond to calls for service on post based on theft of personal property from within vehicles all over the installation. Sometimes the vehicle is secured, and there is nothing the owner could have done to mitigate the risk. However, more times than not, the vehicle from which items are stolen is left overnight, unsecured in the open air and with valuable items in plain view.

Criminals, like tactical threats, plan to exploit weak-

nesses in security and take advantage of softer targets. Unlocked vehicles with valuable items in plain view present a soft, easy target to a criminal.

Ensuring the windows are up, the doors are shut and locked, and valuables removed are the best ways to keep property where it belongs. Taking simple, common sense precautions deters many theft crimes.

Please report any suspicious activity to the MPs.

The following are excerpts of actual MP blotter entries from U. S. Army Garrison-Hawaii. Subjects are innocent until proven guilty.

Unauthorized entry into a motor vehicle in the first degree (HRS 708.836.5)

Larceny of private property – less than \$500 (Article 121, UCMJ)

Jan. 18, a Soldier notified the MPs of an unlawful entry of a vehicle that occurred between sometime on the previous evening in a post housing area. An investigation revealed that a bank card, a state driver's license and a military ID were taken from the vehicle while it was parked, unsecured and unattended outside a residence, with no signs of forced entry.

The Soldier's estimated cost of loss is \$30.

Unauthorized entry into a motor vehicle in the first degree (HRS 708.836.5)

Larceny of private property – less than \$500 (Article 121, UCMJ)

Feb. 10, a Soldier notified the MP station of an unlawful entry of a motor vehicle that occurred that morning in a post housing area. An investigation revealed a backpack was removed that contained uniforms, grooming items, a cell phone charger and an auxiliary cord from the vehicle while it was parked, unsecured and unattended, outside a residence.

There was no sign of forced entry. A search of the area for subjects, witnesses and further evidence met with negative results. The Soldier's estimated cost of loss is \$498.

Unauthorized entry into a motor vehicle in the first degree (HRS 708.836.5)

Larceny of private property — less than \$500 (Article 121, UCMJ)

March 29, at 7:01 a.m., three unlawful entries of a motor vehicle and larceny of private property occurred in a housing area on post. A smart phone was taken from one car, two portable DVD players from a second car, and a watch and valet key from a third car. All three vehicles were parked, unsecured, in the same neighborhood, and there were no signs of forced entry.

The total estimated cost of loss is \$880.

BRIDGING THE BASICS

Army provides tools to build resiliency, career

MASTER SGT. WAYNE BELL

303rd Maneuver Enhancement Brigade
9th Mission Support Command

FORT SHAFTER FLATS — Gen. Douglas MacArthur said, "Duty, Honor, Country. Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."

The Army has always sought to instill core values into its Soldiers and civilians.

As we transition to a garrison force, we need to remember our duty to God, our families and the Army.

I believe the Creed of the Noncommissioned Officer encapsulates every aspect of being an NCO. To me, the most important line in the creed is this one: "My two basic responsibilities will always be uppermost in my mind: The accomplishment of my mission and the welfare of my Soldiers."

It is my duty as an NCO to prepare my Soldiers for the mission and to ensure that the mission is complete. In preparing for the mission, I need to remember that our Soldiers have families.

Lt. Gen. Jeffrey Talley, chief, Army Reserve, recently held a town hall, here, at the 9th Mission Support Command. During the town hall, he told the Pacific Army Reserve audience that our priorities should be family, first; civilian job, second; and Army Reserve, third.

These competing priorities are always a balancing act for us as Army Reserve Soldiers, whether we are full-time Soldiers in the Active Guard and Reserve program (like me) or traditional Army Reserve Soldiers.

To bridge the basics, we need to move forward in our thinking and adapt the tools we have to prepare for the challenges of today, tomorrow and the future.

As I get older, I am not as sharp as I once was, and therefore I must practice all the more. Bridging the basics is preparing for the future through practice and repetition, so I am excited about some of the newer resources that the Army has to help Soldiers with resiliency and self-assessment.

As part of the Ready and Resilient campaign, the Army has increased our toolkit and incorporated the Army Resiliency Training and Comprehensive Soldier and Family Fitness Program. These tools and training help me, as an NCO, take care of the Soldiers under my leadership and develop me as an NCO, husband, father and servant of God.

Part of this development is continually doing az-



Bell

imuth checks to see we are headed in the right direction. Multi-Source Assessment and Feedback (MSAF) 360 is a great way to find out from your leaders, peers and subordinates how they think you are doing.

MSAF360 is anonymous, so it promotes candor from the individuals rating you and gives you the opportunity to see your strengths, weaknesses and areas that need improvement. The most critical component of this self-assessment is being honest.

As leaders, and as future leaders, we honor our country, our Soldiers and our families when we communicate consistently within all of our spheres of influence. In all of the training we receive on resiliency and leadership, honesty is the key in developing mutual trust. And we can only achieve solid, reliable communication when we are honest.

Resources

Get more details on the following:

- Army Resiliency Training and Comprehensive Soldier and Family Fitness Program at csf2.army.mil.
- Multi-Source Assessment and Feedback 360 at <https://msaf.army.mil>.



Army seeks to retain best

Story and photo by
STAFF SGT. GAELEN LOWERS
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — The Army is going through a period of transition.

Troop numbers, funds and promotions are reducing, and the Army needs to make sure it is keeping its best and brightest.



Command Sgt. Maj. Nathan Hunt, senior enlisted leader, 8th TSC, speaks at the USARPAC Mobile Retention Training Team training.

Enter Army career counselors and retention noncommissioned officers. These Soldiers are the frontline for the future of the Army, said Master Sgt. Jonathan Blue, senior retention operations NCO for the 8th Theater Sustainment Command.

Keeping up with the ever-changing retention regulations and the Army's

needs are imperative to keeping it a top-notch organization.

For these reasons, Soldiers from commands in Hawaii and Japan graduated from the annual U.S. Army-Pacific Command's Mobile Retention Training, April 4, hosted by the 8th TSC, here.

"The Army is always changing," said Blue. "When we were trying to grow the Army during the surge, we put more emphasis on certain aspects of Soldiers' lives and careers than we do today. It's important to have people up to speed on the latest and greatest in regards to retention, because these NCOs are the liaisons between the commander and the command career counselors."

Blue added that it is the job of NCOs to provide information to the commander, to counsel Soldiers, to maintain records and to provide career development advice.

Command Sgt. Maj. Nathan Hunt, senior enlisted leader for the 8th TSC, spoke to the graduating Soldiers on the importance of their role in the future of the Army.

"As the Army right-sizes itself, it's becoming increasingly important that we keep the right personnel in our ranks," Hunt said. "Thanks to efforts of everyone graduating today, I know that the Army is going to be in good hands for future generations."

5 STEPS in FAITH

Prayer under pressure helpful

CHAPLAIN (CAPT.) JOHN AASMAN
3rd Battalion, 7th Field Artillery
Regiment, 3rd Brigade Combat Team
25th Infantry Division

I ran out of air scuba diving in Costa Rica 14 years ago.

The divemaster didn't look very trustworthy with his 3-foot dreadlocks, bloodshot eyes and Rastafarian stories of partying, but he promised lobster chasing, so how could I refuse?

Fifteen minutes went by quickly, and I ran out of air at 85 feet underwater. However, U.S. Navy dive tables require at least 1 minute per 30 feet of water pressure to get to the surface safely.

I couldn't hold my breath for 3 minutes after chasing lobsters, so I looked at the dreadlocks and bloodshot eyes of my dive partner and then at the surface 85 feet up. It didn't take long for me to decide he was worth trying.

I tapped Mister Bloodshot Eyes on the shoulder and, with hand signals, let him know my air was empty — no more chasing lobsters. He pulled me close and handed me his alternate air supply. He held my vest tightly for the next 3 minutes during our ascent to the surface as I survived off his air.



Aasman

Sometimes the pressure of trauma, abuse, divorce, bankruptcy, disease, injury or bad decisions can feel suffocating, like running out of air at 85 feet. God might seem untrustworthy, because sometimes people of faith represent God poorly, like a divemaster with bloodshot eyes.

Maybe God, himself, has disappointed you in the past by not answering your prayers or not running the universe the way you like.

When you are under pressure, drowning in troubles, that's when prayer comes in handy. Don't worry about being a little skeptical. Tap God on the shoulder through prayer, and let him know your needs. Anticipate him drawing you close. Breathe off his breath. Inhale his spirit.

One 911 emergency prayer in the Bible is Psalm 91:1: *"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"*

Consider connecting with God during the pressures of life. Get over your skepticism and trust that he has the life you need. Breathe his spirit and watch yourself survive the pressure.

Voices of Ohana

April is Month of the Military Child.

"What is your favorite part about being a military child?"

Photos by School Liaison Office; School Support Services; Child, Youth and School Services; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii



"Having a daddy who works hard, so I can go to school and we have food to eat."

Isabela Cruz
Age 8, 3rd grade, Solomon Elementary School, and daughter of Staff Sgt. Carlos Cruz, HHC, 3rd BSTB, 3rd BCT, 25th ID



"Participating in the different sports that Child, Youth and School Services has to offer."

Logan Hunt
Age 9, 3rd grade, Wheeler Elementary School, and son of Staff Sgt. Todd Hunt, 25th ID Band



"It's fun to live on Schofield because it has everything I need."

Rachel O'Neal
Age 9, 3rd grade, St. Michael's School, and daughter of Col. Jeff O'Neal, PACOM



"Being able to travel to new places with my dad."

Jamie Perin
Age 8, 3rd grade, Solomon Elementary School, and daughter of Sgt. Fernando Mendoza, 2-35th Inf. Regt., 3rd BCT, 25th ID



"Being proud of my daddy."

Carlie Wollan
Age 4, preschool, Bowen Child Development Center, and daughter of Sgt. Troy Wollan, 34th Sapper Co., 3rd BSTB, 3rd BCT, 25th ID

Halverson takes command of IMCOM from Ferriter

AMANDA KRAUS RODRIGUEZ
U.S. Army Installation Management
Command Public Affairs

SAN ANTONIO — Lt. Gen. David Halverson took command of the U.S. Army Installation Management Command (IMCOM) from Lt. Gen. Michael Ferriter during a ceremony, Tuesday, on MacArthur Parade Field, Joint Base San Antonio (JBSA), Fort Sam Houston.

Halverson, who also took over as the Army’s assistant chief of staff for Installation Management (ACSIM), came to IMCOM from the U.S. Army Training and Doctrine Command, where he served as deputy commanding general for almost two years.

“When we go to war, it is IMCOM that stays home and takes care of our families,” said Gen. John Campbell, Army vice chief of staff, who presided over the ceremony. “So, we put our best and brightest to that task. I have full faith in this new team,” Campbell said, congratulating Halverson on his accomplishments and ability to carry on, facing the challenges of today’s Army.

The ceremony was attended by JBSA senior leaders, civic partners from the City of San Antonio and IMCOM region and garrison command teams, headquarters staff, employees and families.

In his first address as ACSIM and IMCOM commanding general, Halverson expressed gratitude for his family and the opportunity to lead



Lt. Gen. David Halverson (left) accepts the colors from Gen. John Campbell, U.S. Army vice chief of staff, officially assuming duties as the IMCOM commander and assistant chief of staff for ACSIM, Joint Base San Antonio-Fort Sam Houston, during a change of command ceremony on MacArthur Parade Field, Tuesday.

U.S. Air Force photo by Joel Martinez

IMCOM. He pledged to continue unwavering in the service of Soldiers and families.

“Karen and I are so pleased and

proud to be here today,” Halverson said. “We’re excited to continue to serve. To Mike and Margie (Ferriter), I would like to especially thank you both

for your hard work. IMCOM and ACSIM set the conditions of Army success.”

Halverson served tours of duty in

operations Iraqi Freedom and Enduring Freedom. Prior to joining TRADOC, he served as the commanding general of the U.S. Army Fires Center of Excellence and Fort Sill, Okla.

Ferriter served as both the ACSIM and IMCOM commander since November 2011. Under his leadership, IMCOM successfully navigated through many challenges, such as sequestration and the government shutdown. He worked to raise awareness of critical issues affecting Soldiers, families and civilians.

“IMCOM has global reach,” said Ferriter, at the ceremony. “Two thirds of the world is covered by water and the other third is covered by IMCOM.”

Under his command, IMCOM improved Child Development Center processes, broadened access to services for Gold Star families and helped define Army readiness and resilience through more than 150 programs and services.

Ferriter had special words of thanks for the Gold Star families in attendance and for their courage to tell their stories for a series of public service announcements.

Drawing attention to the impact that the command has on Army mission success, Ferriter recalled his proudest work — honoring survivors.

“Somewhere in the Army today is a 2-year-old whose father or mother was killed in combat,” he said. “(Caring for him) — that’s what it’s all about.”

Ferriter intends to retire this year.

Pre-deployment prayers, pancakes prep for deployment

Story and photo by
SPC. ERIN SHERWOOD
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Pancakes were plentiful for the Soldiers and families of the 45th Sustainment Brigade, 8th Theater Sustainment Command, during a pre-deployment prayer breakfast, April 2, at Leleihua Golf Course.

The event drew more than 150 participants for an interactive service that included singing, prayer, inspiring speeches and a delicious meal.

“This breakfast is a chance for us to reflect on our unity as a brigade before we leave for deployment,” said Lt. Col. Greg Wagon, deputy commanding officer for the brigade, during the opening for the service.

More than 100 Soldiers from the brigade’s headquarters will head downrange to Afghanistan, soon, to participate in a U.S. Army Central Command materiel recovery mission.

“We are about to head in to a world of chal-

lenges,” said Chaplain (Maj.) Florio Pierre, 45th Sust. Bde. “I hope this service helps you stay resilient and prepare for the mission ahead.”

The 25th Infantry Division Band supplied a steady source of music for the audience during the event, while members of the brigade read prayers focusing on safety, family and deployment.

The event’s guest speaker, Chaplain (Col.) David Giammona, Installation Management Command-Pacific Region, compared the upcoming deployment to a long and difficult race.

“What good is starting a race if you don’t finish it successfully?” asked Giammona. “Often, the hardest part is to keep going, but that is what will get you through. If you never give up, you can never fail.”

The prayer breakfast has become a staple for the 45th since its last one in October 2013. With the Army’s push towards resiliency, it has become a great way to keep the brigade strong during and after deployment.



Chaplain (Col.) David Giammona, IMCOM-Pacific, addresses Soldiers of the 45th Sust. Bde. during a prayer breakfast at the Leleihua Golf Course, April 2. The event included a hot meal, inspiring speeches and prayers for their upcoming deployment to Afghanistan.

Tracking insider threats a challenge

DAVID VERGUN
Army News Service

WASHINGTON — The Army has done “a great deal since the tragedies at Fort Hood in 2009” to track the “insider threat but something happened, something went wrong, and we need to know what that was,” Secretary of the Army John M. McHugh told lawmakers, April 3.

McHugh was responding to questions from the Senate Armed Services Committee, regarding the shootings at Fort Hood, Texas, April 2, which left four dead, including the alleged gunman, Spc. Ivan Antonio Lopez, who committed suicide, and 16 others injured, three critically.

Fort Hood was the scene of another mass shooting in November 2009 when then-Army Maj. Nidal Hasan killed 13 and injured others.

By tracking possible insider threats, the secretary was referring to proactive measures like behavioral health screenings that are done at least annually and more often when Soldiers deploy. Those screening could point to tendencies to violence, he said.

McHugh explained to lawmakers that there are several types of behavioral health assessment “touch points.” Assessments are conducted for Soldiers 180 days prior to deployment, within 90 days, when they get to theater, 30 days after redeployment and 90 days after redeployment. Then every Soldier, irrespective of their deployment status, is screened annually.

Army Chief of Staff Gen. Ray Odierno, who also testified at the hearing, added that the number of behavior health counselors and screening has increased significantly over the last five years — about 150 percent.

“So we’ve made some really good progress here,” said Odierno.

“If we failed in some way against our current policies, we need to be honest with ourselves and with you and hold ourselves accountable. But if we identify new challenges, new threats we hadn’t recognized before,



Army Chief of Staff Gen. Ray Odierno discusses the "insider threat" with members of the Senate Armed Services Committee in the wake of the April 2 shootings at Fort Hood, Texas.

Army News Service photo by Staff Sgt. Steve Cortez

we have to put into place programs to respond to them,” McHugh remarked.

Odierno agreed that finding insider threats is challenging and he pointed out what he called “the biggest problem we have.”

That problem, he said, is balancing the need to share information with commanders and the chain of command, with protecting an individual’s right to privacy.

“It’s a real dilemma,” Odierno said.

Without knowing about insider threats, commanders and others in the chain of command don’t know when a problem exists.

“So the secretary and I are really doing the best we can to come up with processes that allow us to share information,” he said, “because in a lot of cases, that’s the problem. There is some limitation to what we can do. And we’re trying to do the best we can.”

The Catch-22 here is that Soldiers may not come forward with mental health problems if their privacy concerns are not addressed. This concern raises the issue of “stigma.”

“The challenges we face ... is that we are doing everything we can to destigmatize seeking help,” McHugh said.

The chief held out a solution, suggesting that the Army, along with members of Congress, can work together on creating ways for better information sharing to have “the ability to really understand when Soldiers are having problems,” while addressing the need for confidentiality.

Odierno pointed out that the alleged shooter was screened and was receiving counseling, “so in a lot of ways the system worked. But obviously it didn’t work completely because in the end, he made some decisions that obviously cost other people’s lives.”

Odierno added that the Army has recently put behavioral specialists into brigades, something not done before. However, some Soldiers would rather get behavioral health off-post, he said, meaning they would rather avoid the possibility of being identified by their unit as someone with a mental health issue. Funding off-post behavioral health could be something the Army will look into, he added.

Smaller force must meet new challenges with less

AMAANI LYLE
American Forces Press Service

WASHINGTON — The Defense Department’s fiscal year 2015 budget request recognizes that the U.S. military must meet objectives with a pared-down force.

Acting Deputy Defense Secretary Christine H. Fox made this comment, April 7, at the Army War College in Carlisle Barracks, Pa.

“The budget is based on strategic imperatives and recognizes a time of continued transition and uncertainty for the U.S. military in terms of its roles, missions and the available resources,” Fox said. “The last decade has been dominated by protracted land wars in Iraq and Afghanistan ... but now our focus has to move to preparing to counter a variety of security threats and embracing opportunities on all points of the compass.”

The decision to maintain the U.S. technological edge at the expense of size was based not only on stark lessons of history, Fox said, but also on rigorous analysis.

“Past major drawdowns — World War II, Korea, Vietnam and the Cold War — all kept more force structure in the military than could be adequately trained, maintained and equipped given the defense budgets at that time,” she said.

This forced the military to disproportionately cut into accounts that fund readiness and modernization.

To determine the size of the forces needed, Fox said, officials used two

critically important inputs: existing operational plans and the global force management allocation plan that provided an estimate of steady-state requirements for U.S. forces to support the day-to-day needs of combatant commanders.

“This analysis showed that for the active Army, a force size of 440,000 to 450,000 was adequate to meet these demands when accompanied by a reserve force of 195,000 and a Guard of 335,000.”

Together, this force of 980,000 Soldiers would meet the priorities specified in the strategy as laid out in the Quadrennial Defense Review, which ultimately means that after years of growing the

Army, the time has come to shrink it. “(The current) Army has born the burden of battle in Iraq and Afghanistan, and it’s a bitter pill to be rewarded in this way,” Fox said. “We have no choice but to get smaller for all of the services.”

Still, Fox noted, the opportunities for future U.S. forces will be endless.

“There are tremendous opportunities for Army to contribute in securing the gains in Afghanistan, keeping the peace in Korea, engaging in Africa, or delivering humanitarian relief to countless nations,” she said.

“The Army cannot turn into a large garrison force waiting for the next land war,” Fox said. “There is just too much to do in the world, and we need clever ideas on how to be everywhere, do everything with fewer forces across the entire joint force.”



DOD photo by Marine Corps Sgt. Aaron Hostutler

Acting Deputy Defense Secretary Christine H. Fox delivers remarks at the U.S. Army War College, Monday.



Photo courtesy Army Community Service; Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii

HONOLULU — Col. Sean Jenkins (center, with lei), deputy commander-support, 25th Infantry Division, and Sexual Harrassment/Assault Response and Prevention program personnel accept a signed Sexual Assault Awareness Month proclamation on behalf of the Army from Honolulu Mayor Kirk Caldwell (front, fourth from right) and City Council members during a SAAM proclamation signing at the Mission Memorial Auditorium, here, March 27. All branches of the U.S. Armed Forces were invited to participate in the event.

Sexual Assault Awareness Month launched Armywide

Soldiers asked to “Speak Up!”

April is National Sexual Assault Awareness Month (SAAM), an annual observance held to raise awareness and educate communities on the prevention of sexual violence. Locally, the state of Hawaii is joining U.S. Army

Garrison-Hawaii to increase awareness. The Army, in conjunction with the Department of Defense, is implementing the new 2014 SAAM theme “Speak Up! A Voice Unheard is an Army Defeated.” This theme is designed to strengthen the collective moral and ethical commitment in keeping

Army Values and Warrior Ethos, and to show respect and dignity for every Soldier, Army civilian, family member and our nation. SAAM is also an opportunity to highlight the corrosive effect sexual assault has on Soldiers, unit readiness, team cohesion, command climate and trust.

By taking part in SAAM activities, the Army demonstrates its commitment to build and improve the positive climate necessary to prevent the crime of sexual assault and to reaffirm the Army’s reputation as a mission-ready, values-based organization. *(Courtesy of Stand-To, U.S. Army.)*

536th: Warriors return from OEF

CONTINUED FROM A-1

month Afghanistan deployment a month prior.

The 536th enabled retrograde operations and inspected and repaired nearly 10,000 work orders, enabling recovery operations, explained Droppleman.

“It is a great pleasure to see you all gathered here to welcome our Soldiers home to Hawaii,” said Droppleman, addressing the friends and family gathered to welcome the re-deploying 536th. “It was your strength and unwavering support that allowed our Soldiers to focus on their task at hand while down-range.”

The crowd’s enthusiasm built as their Soldiers marched toward them. When released, the two crowds crashed into each other in a wave of tears, hugs and kisses.

“It’s so great to be back,” said Sgt. Michael Mahoney. “I can’t wait to spend some quality time with my family.”



Spc. Erin Sherwood, 45th Sustainment Brigade Public Affairs, 8th Theater Sustainment Command

Support and maintenance Soldiers of the 536th SMC embrace family members at a redeployment ceremony, April 3. The large welcoming crowd gave the returning warriors a warm reception after their nine months in Afghanistan.

Japan: Wolfhounds adopt orphanage

CONTINUED FROM A-1

ing Christmas. The Soldiers were so appalled at the condition of the orphanage that they took matters into their own hands.

At the time, then Sgt. Hugh O’ Reilly collect-

ed money for the orphanage and, from that one act, sprang a legacy that remains to this day. Wolfhounds annually visit the orphans in Japan, and in turn, several orphans are selected each year to visit the regiment, here, on its home ground.



A role-player with a rocket-propelled grenade launcher keeps watch from atop a wall during the training exercise, in preparation for the 58th MP Company’s deployment to provide air-field security at the JRTC, Fort Polk, La.

Police: 58th MPs test wartime tasks

CONTINUED FROM A-1

ceive information from the units on ground and to effectively push information up to its battalion.

“While challenging, the (field training exercise) solidified our unit’s ability to conduct wartime functions and prepared us to support (our higher headquarters) for the upcoming JRTC deployment,” said Master Sgt. Raymond Edwards, noncommissioned officer in

charge of operations, 58th MP Co.

The multi-echelon training tested the unit on operations tracking capabilities and used the entire staff.

“It was excellent training from start to finish,” said Sgt. Maj. Shelly Gadison, operations senior enlisted leader, 728th MP Bn. “We were able to execute mission command, and (that) allowed us to test the staff and our battle tracking capacity in a field environment.”

Golden Dragons adopt Gold Star families

Story and photo by
SGT. DANIEL K. JOHNSON
2nd Stryker Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Sons, daughters, parents and spouses of fallen Soldiers gathered, here, April 4, for an organizational day with the 1st Battalion, 14th Infantry Regiment, “Golden Dragons,” 2nd Stryker Brigade Combat Team, as part of Survivor Outreach Services.

The daylong event was held to ensure the families of fallen Soldiers are kept in the Army family.

Being able to interact with Soldiers and experience the Army life again can be beneficial to survivors.

“I didn’t expect that they would have all of this,” said Fe Suait, mother of Staff Sgt. Randy Agno, who died while serving his third tour in Iraq in 2009. “This helped me to remember things about my son. He used to be here.”

“Things can get difficult,” said Rachel Suerth, wife of Sgt. Keoki Suerth, who died in 2007. “It is good to have other people to talk to.”

The day started early with physical training and breakfast in the dining facility, and then finished off with various military tasks and obstacles.

“It is great for the kids. This is what their parents did,” said Suerth. “The military is still a part of us, and this group is great because they still involve us.”

“This is my son’s home to me,” said Suait. “If I have a chance to come over here, even just for sight-seeing, it helps. I feel like a Golden Dragon and part of the military family.”

This event provided a chance for the survivors to step into the boots of their loved ones for a day.

“I really enjoyed wearing the armor. It is very heavy,” said Suait. “Participating in the events was very interesting.”

“I want to join the Army when I grow up,” said Kailer Suerth, Rachel’s son. “I want to work with computers like my dad did. I want to serve my country.”

“What we’re doing for these kids is amazing. It is important for them to see the side of the Army that is all about the family,” said Pvt. 1st Class Jesse Garza, infantryman. “I can understand what it feels like to lose someone dear to you; that’s why I volunteered.”

Ensuring that survivors still feel as though they are



Golden Dragons assist Kailer Suerth, a Gold Star family member with Survivor Outreach Services, to remove his protective mask and armor during the SOS Organizational Day, hosted by the 1-14th Inf. Regt., April 1. The event was part of ongoing efforts to ensure family members of fallen Soldiers are kept in the Army family.

part of the Army family is a task the Golden Dragons are happy to help with.

“I love this,” said Garza. “Hanging out with the kids and seeing them have a good time with Soldiers is amazing.”

“It is really nice that I have a chance to come

here again,” said Suait. “I used to drop him off for work. I thought I would never come again.”

“The units that agree to adopt us for special events like this means a lot to us. It shows our kids a part of their parents’ life and what the Army is really like,” said Suerth.

Soldier’s votes may impact direction of America

Request absentee ballots minimum 45 days prior to your state’s primaries

DAVID VERGUN
Army News Service

WASHINGTON — 2014 elections will “encompass all 435 seats of the House of Representatives and 33 Senate seats,” as well as state and local positions and other important things like initiatives and referendums.

Although the commander in chief is not on the ballot, 2014 is still a “huge year” for voting, said Rachel Gilman, Army voting action officer, Soldiers Program Branch, Adjutant General Directorate, Human Resources Command.

Mid-term election season ends with the Nov. 4th election. The last primary is held in Massachusetts on Sept. 9th.

Deadlines for requesting ballots vary by state; however, the earliest for the general election is Oct.

6th. States are required to send absentee ballots out 45 days in advance, so the sooner you register, the sooner you will also receive your ballot.

It’s “really important” Soldiers and family members are registered, request their ballots early, immediately fill them out, sign them and return them in the mail. Also, make sure the correct address is on the ballot request, Gilman added.

Soldiers must identify their voting residence address when registering to vote. This address determines your voting precinct and for which offices and candidates you are eligible to vote. Your voting residence is the place you consider your true, fixed and permanent home.

Your voting residence may be your home of record, but if you have changed your legal residence at any point in your military career, your voting residence will have also changed. The Federal Voting Assistance Program recommends speaking with a staff judge advocate officer if you are not sure of your voting residence address.

Soldiers can vote by absentee ballot if they are not in the state or territory where they are registered to vote. Deployed Soldiers should request an absentee ballot at least 45 days before their state primary, she said. If they have not received their ballot from their local election official, they can complete a federal write-in absentee ballot.

Soldiers also can contact their local election office and use the federal postcard application to get that request in or find their state and its requirements. Additionally, all Soldiers should check with their state because every state has different registration requirements, she said.

Finally, every unit — from company level on up — has a unit voting assistance officer.



U.S. Army photo

Soldiers overseas register to vote during a unit voting assistance drive. The 2014 mid-term election season already has started and will continue until Sept. 16.

In past elections, Gilman observed, “We saw a lot of people who were kind of frantic because they waited a little bit too late to either request their ballot or send their ballot back.”

The Army Voting Assistance Program is a year-round program, since elections are often held in off-year cycles. This year’s voting theme is “Send Your Vote Home.”



UPCOMING STATE PRIMARIES AND RUNOFFS SOON

State	Date
Fla.	April 22
N.C.	May 6
Indiana	May 6
Ohio	May 6
West Virginia.....	May 13
Nebraska	May 13
Idaho	May 20
Pennsylvania	May 20
Kentucky	May 20
Oregon.....	May 20
Georgia.....	May 20
Arkansas.....	May 20
Texas.....	May 27
California	June 3
Montana	June 3
Mississippi.....	June 3
New Mexico.....	June 3
Alabama.....	June 3
New Jersey	June 3
Iowa.....	June 3
South Dakota.....	June 3
Nevada	June 10
Virginia.....	June 10
South Carolina	June 10
Arkansas	June 10
Maine	June 10
North Dakota.....	June 10
Oklahoma	June 24
Utah.....	June 24
Maryland	June 24
South Carolina	June 24
New York	June 24
Colorado	June 24
Mississippi.....	June 24
Florida.....	June 24
Alabama	July 15
North Carolina.....	July 15
Georgia.....	July 22
Virgin Islands.....	Aug. 2
Kansas	Aug. 5
Washington	Aug. 5
Missouri	Aug. 5
Michigan.....	Aug. 5
Tennessee	Aug. 7
Hawaii	Aug. 9
Minnesota.....	Aug. 12
Connecticut	Aug. 12
Wisconsin	Aug. 12
South Dakota.....	Aug. 12
Wyoming.....	Aug. 19
Alaska	Aug. 19
Florida.....	Aug. 26
Arizona.....	Aug. 26
Vermont.....	Aug. 26
Oklahoma	Aug. 26
Guam.....	Aug. 30
Delaware	Sept. 9
Massachusetts	Sept. 9
Rhode Island.....	Sept. 9
New York.....	Sept. 9
New Hampshire	Sept. 9
Mississippi	Nov. 25

(Courtesy of www.fvap.gov.)





RESOURCES AVAILABLE FOR LATE TAX FILING

Tax season can be a stressful time for many Army families, especially if they have bought a new home, had a baby or gotten married last year.

With the April 15th deadline just around the corner, here are a few resources available to help you file your federal taxes this year.

File your taxes for free. If you earn an income below \$58,000, you are eligible to use free file software. If your income is above \$58,000, you can use FreeFile fillable forms. Go to www.freefile.irs.gov.

Get free tax return preparation. The Volunteer Income Tax Assistance (VITA) program is available for people who make \$52,000 or less and

the Tax Counseling for the Elderly (TCE) program is available for those 60 years and older. Visit www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers.

Use the Earned Income Tax Credit. The EITC is for people who work and earn less than \$51,567. You can find out if you are eligible for the EITC by using the EITC Assistant at [www.irs.gov/Individuals/Earned-Income-Tax-Credit-\(EITC\)](http://www.irs.gov/Individuals/Earned-Income-Tax-Credit-(EITC))----

Use the EITC Assistant to Find Out if You Should Claim it.

File your Hawai'i state taxes. Get answers to your questions about your Hawai'i state taxes and how to file in Hawai'i at <http://tax.hawaii.gov>.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories. For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm. Unless otherwise noted, all phone numbers are 808 area code. Drive with aloha.

14 / Monday

Stuck in a Loop — A full road closure will be implemented along Shafter's Rice Loop for underground utility installation. Part of Rice Street will be lane control. This work phase is scheduled to finish April 25.

18 / Friday

Chill Factor — Wheeler's Whiteman Road from Wright Avenue to the parking lot entrance will be closed, 8 a.m.-noon, to remove the chiller at Bldg. 118.

19 / Saturday

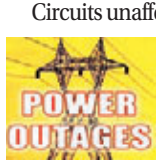
Power Barred — A power outage for Wheeler and Schofield is sched-



LYMAN ROAD CLOSURE

AFFECTED STREETS

uled. The Tropic Lightning Museum will be closed, and Wheeler circuits 33-42 will be without power 6:30-8 a.m. and 2:30-4:30 p.m. Schofield will be without power 7:30 a.m.-4:30 p.m. If your area is not listed, or does not have a back-up generator, it will be out 6:30 a.m.-4:30 p.m.



Circuits unaffected, by the numbers, are 3-Quad A, gas station/shoppette; 6-Mendonca housing, 364 shopette; 7-Area A housing quarters 30-38; 9-MEDCOM; 11-500 block housing; 14-500 block housing, 9000 block housing; 15-Hamilton Housing, 9000 block housing; 18-Generals Loop; 19-500 block; 21-Commissary; 33-Akolea Point Housing; 34-McMahan Village; 35-Hendrickson and Maili housing; 37-Hali Nani and Kaena housing; 40-Porter and

Kalakaua housing; and 42-Moyer housing.

21 / Monday

Less a Lyman Lane — A partial road closure along Schofield's Lyman Road will be in effect, 9 a.m.-2 p.m., through April 28. Activities during this time include asphalt paving, cutting, demolition and the installation of crosswalk equipment. Flag personnel will be on-site for this work, and traffic will be stopped for pedestrians to walk around the work area.

24 / Thursday

Hour without Power — The installation of a new meter and associated devices is scheduled to occur at Fort Shafter's Bldg. 520, at 1 p.m. The Corps of Engineers contract directive for this project requires a one-hour power outage to occur during installation.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Heart Healthy — The "Heartbleed" bug currently attacking computer systems worldwide, exposing millions of usernames and passwords, didn't affect the U.S. government's Thrift Savings Plan. Heartbleed was unheard of, until a few days ago, and surfaced in international media as a major problem, so much so, that hundreds of millions of people may be

changing their passwords. TSP issued an advisory, yesterday, to assure investors that their personal information is safe.

Interview with a Veteran

— The University of Missouri-Kansas City will be conducting brief interviews with veterans at University of Hawaii-Manoa (Wist Hall), 10 a.m.-4:30 p.m., in regards to how colleges/universities can be supportive in aiding them in academic pursuit. The information will be used to tell a national story of how colleges, employers and communities can focus their efforts and money to better support veterans.

Participants will receive a \$25 gift card and the opportunity to participate in an online follow-up discussion and a \$100 stipend. Visit <http://veteraninstemhi.weebly.com/sign-up.html>.

15 / Tuesday

In Memoriam — The 599th Transportation Brigade will hold a memorial service and celebration of the life of friend and colleague James "Jim" Staeger, who was the plans chief, at 9 a.m., in the Wheeler Army Airfield Chapel. Call 656-6420.

16 / Wednesday

Talkin' 'Bout My Generation — The Honolulu-Pacific Federal Executive Board is hosting Sharon Senecal in a two-hour presentation of the "Four Generations in the Workplace," 1 p.m., Aliamanu Military Reservation Chapel, 1790 Bougainvillea Loop. Visit www.honolulu-pacific.feb.gov to register.

25 / Friday

Traveling Travel — Carlson-Wagonlit Travel/SATO Travel Office,

in Bldg. 690 on Schofield Barracks, closes at 11 a.m. to move to the Soldier and Family Assistance Center, in Bldg. 750, Ayres Avenue, where it will reopen, 8 a.m., April 28. The Fort Shafter CWT SATO will be open to handle any emergencies.

26 / Saturday

Take it Back! — The Army Substance Abuse Program, in cooperation with state and federal agencies, conducts its annual National Take Back Initiative, 10 a.m.-2 p.m. Turn in unwanted, over-the-counter and prescription medications to be disposed of properly at the Schofield Barracks Exchange drop-off.

Minimize medications cycling back into our communities or being thrown away into our landfills. Call 541-1930 or visit www.dea.gov for more locations.

28 / Monday

Never Again — A Holocaust Remembrance takes place, 11:30 a.m.-4 p.m., at Schofield's Sgt. Smith Theater. Call 655-0386.

29 / Tuesday

Can I Get a Volunteer? — The annual garrison Volunteer Recognition Ceremony takes place 5:30 p.m. at the Nehelani, Schofield Barracks, to recognize exemplary achievement in volunteer service to the Hawaii Army community. Call 655-1702.

30 / Wednesday

FBTH — Attend the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, from 6-7:30 p.m., Wednesday, April 30, at www.facebook.com/usaghawaii, under the "Events" tab."

Earth Day 2014



Punahou JROTC volunteers probe for debris along the rocks near the USACE-Honolulu District Pacific RVC at Fort DeRussy, Saturday, for an annual Earth Month clean up event. Students, family members and USACE members joined the effort.

Corps of Engineers join cadets for Waikiki clean up

Story and photos by
JOSEPH BONFIGLIO
U.S. Army Corps of Engineers
Honolulu District Public Affairs

HONOLULU — Volunteers from the U.S. Army Corps of Engineers partnered with Junior ROTC cadets to clean up Waikiki Beach, Saturday, as part of Earth Month 2014.

Approximately 20 volunteers from Punahou Junior ROTC — which includes cadets from other area high schools and some homeschooled students — joined the Corps' employees and their friends and families to clean up the beach and berm area at the Corps' Pacific Regional Visitor Center (RVC) at Fort DeRussy in Waikiki.

Altogether about 45 volunteers participated.

"We're happy to be here," said Lt. Col. Robert Takao, commander of the Punahou Junior ROTC program. "I'm very encouraged by what I see of these young people. They see the impacts on the environment from the trash, and they respond from the heart to protect the land. I'm also very happy with the RVC staff and what they have done to organize and support this event over the years."

RVC Park Rangers Angela Jones and Don Espaniola organized and coordinated the event.

Earth Day was established March 21, 1970, as an annual event to deepen reverence and care for life on the planet.

The Corps' RVC first opened its doors at Battery Randolph, Fort DeRussy, in 1983. Its goal is to enhance the public's understanding of the multidimensional role of the U.S. Army and the U.S. Army Corps of Engineers. Partic-



Park Ranger Angela Jones (right), USACE-Pacific Region Visitor Center, offers briefing instructions to a team of Punahou JROTC volunteers prior to their clean up effort at Fort DeRussy, Saturday. The trash removal effort by the cadets and family members has become an annual partnership with the Corps of Engineers.

ular emphasis is on Civil Works and water resources development that affects the lives of all the residents of Hawaii and the people

of the Pacific.

The RVC is located on the second floor of historic Battery Randolph at Fort DeRussy, Waikiki. It is listed on the National Register of

Historic Sites and is one of 16 coastal fortifications built by the Corps between 1906 and 1917 for the protection of Honolulu and Pearl harbors.

PRVC

For more information about the U.S. Army Corps of Engineers or the Pacific Regional Visitor Center, call 438-2815 or visit www.poh.usace.army.mil.



EARTH MONTH

Remaining Oahu Army Activities

U.S. Army Garrison-Hawaii will be hosting numerous events for its third annual Earth Month celebration.

What began as a single day has evolved into a monthlong celebration with a wide variety of events for Soldiers and families to enjoy throughout the island of Oahu.

•**April 19, 8:30 a.m.-2 p.m.** Fun Fest and Earth Day 2014, Weyand Field. This collaboration between the Directorate of Public Works (DPW) Environmental Division and Family and Morale, Welfare and Recreation features exhibitors, games, environmental learning activities and live entertainment.

—**8:45 a.m.** Military Child Mile Fun Run to kick off the event; no registration required.

—**9 a.m.-2 p.m.** Games, activities, rides, inflatables and pictures with the Easter Bunny. Enjoy entertainment provided by SKIES and the 25th ID Rock Band. Participate in "upcycling," crafts and coloring

activities, artifacts search, sustainability and natural resources educational activities.

Enter to win the Leisure Travel Services Big Island air/room/car package for two. Call 655-0111 or 655-0000, or visit himwr.com for more details.

•**April 19, 2-5 p.m.** Float, Sink, or Swim Boat Race and Treasure Dive at Richardson Pool following the Fun Fest.

•**April 23, 1-4 p.m.** Island Palm Communities and DPW Environmental Division team up on Earth Day at the Kalakaua Community Center, Schofield Barracks, for a fun-filled family event.

•**April 26, 11 10 a.m.-2 p.m.** The Fort Shafter Flats parade field will serve as the location for the Earth Day Festival, hosted by the 9th Mission Support Command and 9th Theater Support Groups' Environmental Division. Call 438-1600, extension 3307, for more details. Get more information and sign-up sheets for various activities at www.garrison.hawaii.army.mil/sustainability/Environmental.



Agility and solid-footing allow the Punahou JROTC volunteers to extract trash and collected debris between rocks near Fort DeRussy during this Earth Month event.



Briefs

Today

Baseball Right Arm Night — FS Hale Ikena hosts an all-you-can-eat ballpark-style buffet and drink specials. Also, play in the Texas Hold'em Tournament, 5 p.m., for prizes. Tickets are \$5 in advance at the Hale Ikena or \$8 at the door for this adult event. Call 438-1974.

12 / Saturday

Stand-Up Paddleboard — Outdoor Recreation Center specialists will teach you stand-up paddleboard. Class will be held at Pokai Bay or in Haleiwa. Cost is \$59 per person. Call 655-0143.

14 / Monday

Stuffed Animal Sleepover — Celebrate a night of fun for your favorite stuffed animals at Army Hawaii Libraries. Children may drop off their furry friends at the drop off at 6 p.m., April 14, Sgt. Yano Library, Schofield Barracks, or at 6 p.m., April 15, for a Fort Shafter Library sleepover. Pick them up after 10 a.m., April 16. On April 21, visit the Army Hawaii Libraries' Facebook page to see what kinds of fun activities your furry friends enjoyed at the sleepover. Call 655-8002 (SB) or 438-9521 (FS).

15 / Tuesday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan's Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Afterschool at SB Sgt Yano Library — Elementary-age children are invited to celebrate National Library Week, 3-3:45 p.m., with stories about libraries and reading. Free and no registration required. Call 655-8002.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

SB Tropics Game Nights — Tropics Warrior Zone features monthly tournaments:

- Pool & Ping Pong tournaments every Tuesday night, and
- Spades tournament held Wednesday nights.

Both tournaments feature a 5:30-6 p.m. sign-up with tournaments beginning promptly at 6 p.m., and championship finals the last week of the month. Call 655-5698 for details.

16 / Wednesday

BOSS Meetings — Single Sol-



File photo

Ashlyn Dickson (left) and Cherry Whitley network with representatives from Lockheed Martin at the Military Spouse Career Forum and Fair, hosted by the ACS ERP at SB, last April. This year's event takes place at the Nehelani, April 25.

ACS Career Fair targets spouses

YOLANDA JOHNSON

Army Community Service
Directorate of Family and Morale
Welfare and Recreation, U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Army Community Service (ACS), here, and at Fort Shafter is hosting a career fair for military spouses.

The job fair will be held Friday, April 25, at the Nehelani, located at 563 Kolekole Ave., here, from 10 a.m.-1 p.m.

Spouses should dress for success, bring extra copies of their resumes and be prepared to talk about themselves professionally to potential employers.

The Employment Readiness Program (ERP) is host-

ing this event to assist spouses in acquiring skills, networks and resources that will allow them to participate in the workforce and to develop a career/work plan.

(Editor's note: Johnson is the ERP manager.)

Points of Contact

If you have questions about the Career Fair, call 655-7132. Get more information on the Employment Readiness Program at www.himwr.com.



diers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

18 / Friday

Friday Lunch Buffet — FS Hale Ikena hosts special Friday-themed lunches, 11 a.m.-1 p.m., \$10.95 per person. Call 438-1974.

Aloha Friday Barbecue — The SB Leilehua Grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

19 / Saturday

Earth Day & Fun Fest 2014 —

Celebrate Earth Day, Spring and Month of the Military Child with a day of family activities, entertainment and prize drawings at SB Weyand Field:

•8:45 a.m. is Military Child Fun Run to kick off the event; no registration required.

•9 a.m.-2 p.m. is games, activities, rides, inflatables and pictures with the Easter Bunny.

Earth Day activities include "upcycling," crafts and coloring activities, artifacts search, sustainability and natural resources educational activities.

Float, Sink or Swim Boat Race

— After Earth Day & Fun Fest 2014, head over to SB Richardson Pool, 2-5 p.m., to enjoy family pool fun and a treasure dive. Open to all ages; pool rates apply. Call 655-0111/655-0002.

20 / Sunday

Easter Sunday Brunch — SB Nehelani and FS Hale Ikena host hourly seatings from 9 a.m.-1 p.m. Military discount includes 10 percent for active duty and 20 percent for E-1 through E-5.

•Nehelani prices are \$27.95, adults; \$18, ages 6-10; and \$12, ages 3-5.

•Hale Ikena prices are \$39, adults; \$24, ages 6-10; and \$17.50, ages 3-5. Reservations are required. Open to the public. Call 655-4466 for Nehelani and 438-1974 for Hale Ikena. Visit www.himwr.com for menu selections.

21 / Monday

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

23 / Wednesday

Manga Club — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt Yano Library. Manga Club meets the second and fourth Wednesday of each month. Call 655-8002.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

12 / Saturday

Flower Fest — Pearlridge Farmers' Market will celebrate spring, 8 a.m.-noon, with live music, food booths and keiki activities. Farmers will be on hand with fresh, locally grown produce, as well as a vast array of tropical island flowers. Free admission. Call 388-9696.

13 / Sunday

The Living Last Supper Drama — Hear disciple/actors describe the Last Supper, 7 p.m., AMR Chapel, Bldg. 1790.

16 / Wednesday

9th MSC Campus Clean-up — Daylong effort at Fort Shafter Flats includes shredding behind Bldg. 1554, power washing and recycling as part of Earth Month activities. Call the Directorate of Installation Man-

agement Environmental office with questions at 438-1600, extensions 3307, 3533, 3246 or 3247.

18 / Friday

Living Stations — A walk simulates the path Jesus walked before his crucifixion. Begins at noon, SB Main Post Chapel.

19 / Saturday

Butterfly Conservatory — Pearlridge Center hosts, once again, hundreds of living butterflies and a self-guiding tour. Admission is \$3 per person. One child under 8 years of age is free with one paying adult, through Saturday, April 19.

20 / Sunday

Waimea Valley Family Day — Each 3rd Sunday is La'Ohana (Family Day) at Waimea Valley, through the end of the year, including Easter Sunday. Kama'aina and military families will receive half off admission with valid ID. Easter Sunday also offers brunch seatings at 10 a.m. and noon for \$38.95 adults and children 4-12 for \$18.95. Enjoy Easter egg hunt on the main lawn for keiki 4 and under at

11:30 a.m. Call 638-7766 or visit www.waimeavalley.net.

23 / Wednesday

Earth Day Trashion Show — Celebrate Earth Day by designing wearable garments and accessories created from trash and junk for the first-ever Island Palm Communities' Earth Day Festival Trashion Show. Entrants must register between 1-1:30 p.m. at the IPC Synergy Tent, with 2 p.m. show at the main stage at the Earth Day Festival, Kalakaua Community Center. For entry forms log onto www.islandpalmcommunities.com or call 275-3750.

26 / Saturday

NTBI — Turn in your unused or expired medication for safe, anonymous disposal during the National Take Back Initiative from 10 a.m.-2 p.m., Oct. 26. Drop off at these locations:

- Main Post Exchange at Schofield Barracks, Pearl Harbor, Marine Corps Base Hawaii;
- Inside Kahala Mall, center of Kaneohe Bay shopping center or north end of Town Center, Mililani; or
- Hawaii State Capitol or Kapolei Police Station.

For more details, call 541-1930 or visit www.dea.gov.

30 / Wednesday

USAG-HI Facebook Town Hall — Attend the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, from 6-7:30 p.m., April 30, at www.facebook.com/usaghawaii, under the "Events" tab."

May

1 / Thursday

Lei Day Celebration — Operated by the City and County of Honolulu, which hosts the daylong series of programs, 9 a.m.-5:30 p.m.; includes entertainment and exhibits at Queen Kapiolani Park and Bandstand. Visit www1.honolulu.gov/parks/programs/leiday/index.htm.

31 / Saturday

AFCEA Scholarships — Armed Forces Communications and Electronics Association Educational Foundation Hawaii Merit Scholarship Award applications are now available. Deadline to apply is May 31. Email Info@AFCEAHEducationFoundation.org or call 479-4705.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

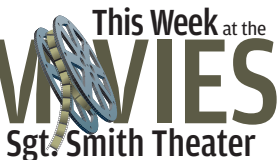
- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF

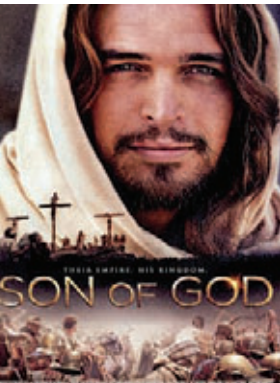


300: Rise of an Empire
(R)
Fri., April 11, 7 p.m.
Sat., April 12, 6 p.m.



300: Rise of an Empire
(R)
Fri., April 11, 7 p.m.
Sat., April 12, 6 p.m.

Frozen 3D
(PG)
Sat., April 12, 2 p.m.



Son of God
(PG-13)
Sun., April 13, 2 p.m.

3 Days to Kill
(PG-13)
Thurs., April 17, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.



Hank Cashen (left), acting chief, ACS, DFMWR, USAG-HI, and director, Soldier and Family Assistance Center, ACS, DFMWR, USAG-HI, thanks ACS volunteers for their hard work and dedication during the Volunteer Open House, held at the ACS building, Monday.

ACS shows volunteers appreciation

Story and photo by
SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Volunteers with Army Community Service (ACS); Directorate of Family and Morale, Welfare and Recreation (FMWR); U.S. Army Garrison-Hawaii, received a big pat on the back — along with some cake and door prizes — at a Volunteer Open House at the ACS building, here, Monday.

ACS hosted the informal gathering as a kick-off to a week of activities aimed at saying “ma-halo” to the many Soldiers, family members and civilians who give of their time and energy to garrison events and programs through-

out the year.

“Volunteers are the foundation of Army Community Service, but this (event) is not just for ACS volunteers. This is for volunteers from the entire (USAG-HI),” said Ferne Conroy, acting Army Volunteer Corps coordinator for ACS.

“There are various reasons why people volunteer,” Conroy added, noting that Soldiers can earn promotion points, while family members can gain valuable work experience and learn more about their local community.

“And some people just like to volunteer; they want to do something that’s important to them,” Conroy said. “But whatever the reason, we want them to come in and volunteer.

That’s the bottom line.”

Other events held during Volunteer Appreciation Week, April 6-12, included free paintball and stand-up paddle boarding/kayaking excursions, coordinated by the Outdoor Recreation Center; free bowling at bowling centers, here, and on Fort Shafter; and reduced golf fees at Fort Shafter’s Nagorski Golf Course, provided by FMWR.

ACS’s month of thanks will conclude with the annual Volunteer Recognition Ceremony at the Nehelani, here, April 29.

“They give so much to this community,” Conroy said, “and we just want to say ‘thank you’ for volunteering and helping us out.”

DOD provides online academic assistance

The pressure is on for military students (and their parents) as kids face homework, papers, exams and standardized tests.

You can decrease your family’s stress levels and improve your children’s grades with personalized tutoring offered online and at no cost to children in military families.

All kindergarten through grade 12 students in eligible U.S. military families can access Tutor.com at www.tutor.com/military; it’s an official Department of Defense (DOD) program.

“Tutor.com for U.S. Military Families’ is like a safety net for students,” said Maureen Haney, program manager, who demonstrated the service on Schofield Barracks, March 28. “Knowing support is available when they need it helps decrease stress over school.

Haney added that early findings show that students who use the service report that they earn higher grades, complete more homework assignments and are more confident at school.

“More than 97 percent of students tell us they’d recommend Tutor.com to a friend,” Haney said.

The service allows students to work one-

to-one with a live tutor online for help with homework, studying, test preparation, proofreading, essay writing and more. Instant, on-demand support is available in all core subjects, including algebra, geometry, calculus, physics, earth science, language arts, history and advanced placement-level courses.

Tutor.com is staffed by more than 2,500 carefully screened experts who are available to work one-to-one with a student online.

With an Internet-enabled computer or handheld mobile device, students can connect to a tutor any time, any day, from anywhere. No appointment is needed.

A student and tutor work together in a se-

cure and anonymous online classroom that features an interactive whiteboard, file sharing and instant messaging.

Students are asked to complete a survey and provide feedback after every tutoring session. The feedback gathered from students helps drive new product features and services and ensures students continue to receive high-quality tutoring support.

Different skill levels served

Students of all skill levels can benefit from using Tutor.com.

Students can work with tutors for step-by-step help with homework assignments or simply ask a tutor to double-check their work.

Parents of younger students can log in to Tutor.com and work alongside their children. Advanced students can get help with more challenging classes.

Feedback collected from users shows that students who use Tutor.com are more confident in their schoolwork, complete more homework assignments and are improving their grades.

Creating an account and working with a tutor is quick and easy.

(Editor’s note: Information received from tutor.com.)



Account Access

“Tutor.com for U.S. Military Families” is funded by the Department of Defense Morale, Welfare and Recreation Library Program, the Yellow Ribbon Reintegration Program and the Army General Library Program. Create an account at www.tutor.com/military.



Holy Week, Easter Services

All Soldiers and family members are invited to attend various Easter celebrations now through April 27.

Stations of the Cross
Stations of the Cross will be held every Friday during Lent at 6 p.m., at Aliamanu Military Reservation (AMR) and 5:30 p.m. at the Wheeler chapel.

April 13 - Palm Sunday
All denominations meet at regular times/locations.
•Palm Sunday Eve “Living Last Supper Drama,” Aliamanu Military Reservation Chapel, 7 p.m.

April 17 - Maundy Thursday
•Protestant Maundy Thursday, Fort DeRussy Chapel, 5 p.m.
•Protestant Maundy Thursday, Schofield Barracks Soldiers Chapel (SC), Liturgical, 6 p.m.
•Catholic Mass for Holy Thursday AMR Chapel, 5 p.m.
Wheeler Chapel, 6 p.m.

April 18 - Good Friday
•Ecumenical, “Living Stations of the Cross,” Main Post Chapel (MPC), noon
•Catholic Good Friday Service MPC, 2 p.m., AMR Chapel, 6 p.m.
•“Celebration of the Lord’s Passion,” Tripler Army Medical Center (TAMC), 3 p.m.
•Protestant Good Friday Service, Fort DeRussy Chapel, 5 p.m.
•Last Sayings of Christ (Gospel and Protestant), MPC, AMR, 7 p.m.

April 19 - Holy Saturday
Easter Blessings of Food on the Lanai, MPC, 11:30 a.m.
•Catholic Holy Saturday Easter Vigil TAMC, 7 p.m.
MPC, 7:30 p.m.

April 20 - Sunrise Service
•April 20, 6:30 a.m., Aboard USS Missouri

April 20 - Easter Sunday
•Catholic Mass, AMR, 8:30 a.m.
•Protestant Easter Worship, MPC, 8:45 a.m.
•Protestant Easter Services, TAMC, 9 a.m.
•Catholic Mass, TAMC, 11 a.m.
•Easter Sunday Service (Gospel), MPC, noon

April 27
•Catholic Divine Mercy Devotion (Lay Leader Lead), Wheeler Chapel, 3 p.m.

Army prioritizes child abuse prevention initiative

ROBERT DOZIER
Army News Service

SAN ANTONIO — The Army’s Family Advocacy Program (FAP) is making child abuse prevention the top agenda item for its service providers at garrisons and installations during the month of April.

The U.S. Army Installation Management Command (IMCOM) is taking this opportunity to remind leaders, Soldiers and the Army community of the great work being done locally to preserve the health and well-being of our most valuable and vulnerable family members.

The theme of this year’s campaign is “Children’s safety comes first — be ready to end child abuse.”

IMCOM is encouraging each garrison to take the time in April to tell people about their local FAP, Army Community Service (ACS) class schedules, materials available and how to access counseling services.

“The president of the United States is calling on all of us — military and civilian, parents and non-parents — to unite in a common goal: to end the abuse of children,” said Lt. Gen. Mike Ferriter, former IMCOM commander. “I stand with the president and call upon you to make a commitment to this prevention effort in partnership with the Family Advocacy Program.”

Child abuse prevention does not work if leadership focus only occurs one month in the year. For success to be achieved, the Army



Photo courtesy Army Community Service; Directorate of Family and Morale; Welfare and Recreation; U.S. Army Garrison-Hawaii

HONOLULU — Royal-blue pinwheels dot the lawn of the Hawaii Capitol, here, in recognition that April is Child Abuse Prevention Month.

must first bring awareness to everyone and then follow up with classes and counselors that deliver what it takes to succeed year-round. “A vocal and vibrant campaign to end the

abuse and maltreatment of children is still necessary in all of society,” said Novella Magwood, FAP manager. “The Army’s Family Advocacy Program focuses on the prevention effort to maximize our returns. The children deserve our best efforts.”

The FAP is congressionally mandated and intended to prevent and reduce the occurrence of family violence, while it strives to create an environment of intolerance for such behavior.

“In today’s fast-paced environment full of challenges and stresses, often it seems there is not enough time to pause long enough to reset the family,” said Col. Cox, Headquarters Department of the Army FAP manager. “Family advocacy helps to head problems off before they escalate.”

The program provides Soldiers and family members early referral and intervention services for all types of domestic violence issues. The goal is to establish sufficient safety and risk-reduction plans, such as counseling ser-

vices and parenting classes, to help the Army family get the most out of its own talents and resources.

Services are available for parents of children at all ages. Participation in FAP services is stigma-free and is most effective when the family comes to the counselors early.

“Being a parent is one of the greatest experiences a young Soldier can have,” said Magwood. “Our job is to make it a little better and a little easier.”

Month of the Military Child

The following activities are honoring military children in April.

•**April 1-24.** Military children can enter the worldwide “Young Lives, Big Stories” contest and have a chance to win prizes by telling their story through photos, words, drawings or videos. Open to keiki preschool through 12th. Visit himwr.com, under Month of the Military Child, for entry forms and details.

•**April 1-30.** Military children bowl free at Fort Shafter and Schofield Barracks. One free game for two military children ages 17 and under when one adult game is purchased. Call 438-6733 or 655-0573.

•**April 14,** 6 p.m. Stuffed animal sleepover at Sgt. Yano Library, Schofield Barracks, or sleepover at 6 p.m., April 15, at Fort Shafter Library. Children may drop off their furry friends for a night at the library. Call 655-8002 or 438-9521.

•**April 19,** 8:45 a.m.-2 p.m. Fun Fest and Earth Day at Weyand Field, Schofield Barracks. Take part in a day of family activities for all ages, including a fun run, entertainment, games, rides and much more. Call 655-0111.

•**April 19,** 2-5 p.m. Boat race and treasure dive at Richardson Pool, Schofield Barracks. Float, sink or swim with boat races, treasure dives and slingshot splash games. Call 655-0002.

•**April 26,** 5:30-9 p.m. Land of Oz Parent-Child Ball at Nehelani, Schofield Barracks. Price is \$13 for ages 3-11; \$17 for ages 12 and up. Formal attire is suggested. Call 655-4466.

•**April 29,** 6:30-7:30 a.m. PT in the Gym at Fort Shafter Physical Fitness Center. Soldiers and families can participate in a 30-minute aerobic routine followed by a continental breakfast. Call 836-1923.

ACS FAP

Soldiers and family members are invited to learn more about the FAP. Go to www.himwr.com; go to “ACS” and go to “Family Life” at www.himwr.com/home-a-family-life/family-advocacy.



Increased plant-based foods can help reduce cancer

Is there anything I can eat to help prevent cancer?

Over the last decade, a large focus has been placed on how our food choices are affecting our risk of developing cancer; yet, many still feel confused when it comes to what to eat.

With all the different fad diets out there, it is no wonder that we often feel lost in an ocean of conflicting nutrition information. One month, a report will say that red wine is good for us, and we should indulge responsibly and in moderation. The following month another says that it increases our risk of certain types of cancer. How frustrating!

It is important to acknowledge that scientists and researchers continue to search for a deeper understanding of human health. This search ultimately means that many health guidelines and recommendations will change over time. While change may be the case, a body of evidence supports certain ways of eating as being more health promoting, while other ways of eating are more disease promoting.



Courtesy photo

A plant-based style of eating includes incorporating fewer animal products and more vegetables, as well as beans, legumes, nuts, seeds and fruit.

So what are the major differences between eating for health and eating for disease? It really is pretty simple. Again and again, plant-based diets come out on top as the most healthful, while meat and refined (or highly processed) food-laden diets are tied to higher risks of disease.

The meat and refined food diet represents a typical “western” or “American” style diet, while the plant-based diet is more similar to vegetarian, vegan, Asian, Indian and African diets. Plant-based diets include much fewer animal products and much more vegetables, beans, legumes, nuts, seeds, fruits and grains.

Unlock the secrets of better health

So what’s the secret behind a plant-based diet being so much better for us? Actually, several reasons exist.

Women’s health focuses on eyes

ARMY NEWS SERVICE
News Release

Women are often responsible for taking care of their family’s health concerns, but often neglect their own health, including the health of their eyes.

Yet, did you know that women account for two-thirds of people in the world affected by visual impairments and blindness even though they represent only 53 percent of the population?

Rising eye disease

The rate of eye disease is on the rise in the U.S., mostly because people are living longer. Women, on average, live longer than men. As a result, more women are susceptible to age-related eye diseases, such as macular degeneration, cataracts, dry eyes, glaucoma and diabetic eye changes.

Because of these ailments, Prevent Blindness America has designated April as Women’s Eye Health and Safety Month to help educate women about the steps they should take to make eye health a priority.

While the following recommendations apply to everyone, during April (and every month), the emphasis is for women to take care of themselves, as well as their families.

Eye care steps to take

Get routine eye care. Many causes of eye-related problems are preventable, so all women should make eye examinations a regular part of their health care routine. Even if no eye-related symptoms are present, it is recommended that all women receive a comprehensive eye examination at least by the age of 40 and obtain routine follow-up care as recommended by their eye care professional.

Remember that an eye exam evaluates much more than just blurry vision.

Know your family history. Genetics plays an important role in what diseases people may be at risk for, including eye diseases. It is important to notify your eye care professional of any conditions that your ancestors may have had. In some cases, this information may prevent or lessen the possibility of those conditions occurring in you.

Eat healthy and exercise. Eating healthy foods and exercising regularly are important in maintaining a proper weight and reducing the risk for certain conditions. Healthy habits can also help guard against vision loss. Obesity, a lack of exercise, stress and a bad diet can affect the health of your eyes.

Avoid smoke. Smoking, including secondhand smoke, increases the risk for certain eye diseases, such as cataracts and macular degeneration. Avoid smoking and being around secondhand smoke.

Wear good sunglasses. Ultraviolet light exposure has been linked to the development of cataracts and macular degeneration. When outside, people should wear wide-brimmed hats and sunglasses with 100 percent UV protection.

Use cosmetics and contacts safely. The rules for using cosmetics and contact lenses safely are easy: Wash your hands first, throwaway old makeup and contacts, do not share cosmetics and contacts with others, and do not apply either while driving.

(Editor’s note: Article from Tri-Service Vision Conservation and Readiness Program Staff at U.S. Army Public Health.)



ASK THE DIETICIAN

CAPT. CAROLYNN RITTERMANN
Tripler Army Medical Center
Nutrition Care Division

compounds that form when cooking animal products and frying anything), excessive protein intake (yes, there is a limit to what is good for us) and excessive energy intake. These all increase inflammation and oxidation within our cells, which leads more rapidly to disease.

The second reason is that plant foods increase intake of fiber, water, vitamins and minerals; they reduce saturated fat and total calorie intake. In addition, plants provide us with powerful anti-inflammatory, antifungal, and antimicrobial compounds called phytochemicals. These fight off inflammation and illness making us stronger and healthier at the cellular level.

The increased fiber and water we get from plant foods helps

The first is the large reduction in the amount of harmful compounds consumed. These harmful compounds include saturated fats (primarily the fat found in animal products), carcinogens (cancer-promoting com-

Learn More

For more information on nutrition and cancer prevention, check out this website: www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/prevention-and-screening/diet-and-nutrition/index.html.



us to feel full on fewer calories, reduces cholesterol naturally and promotes a healthy digestive tract.

There is no magic pill, supplement powder or fad diet that will solve your every health problem and simultaneously transform you into an Adonis. However, transitioning to a plant-based eating pattern is more likely to promote longevity and wellness than a diet rich in animal products and highly refined and processed foods (think fast foods, junk foods, convenience foods, etc.).

Our ancestors did not survive on food from a box and neither should we.

(Editor’s note: Rittermann is the registered dietitian at TAMC.)